



*"Life is not merely being alive,
but being well."*

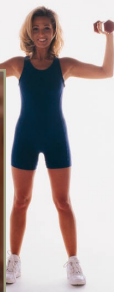
- Martial, Epigrams

Get Moving ... Start TODAY!

Contact the VA Butler Healthcare
MOVE! team **TODAY** ... don't delay ...
for more program information:

1-800-362-8262, ext. 5504

www.move.va.gov



We look forward to helping YOU on
YOUR journey to improved health and wellness.

Call us today!

We're a New VA!

... focusing on YOU and your needs,
keeping things simple, and providing
highly technical specialty care
when necessary ... while maintaining
our small-town values.

VA Butler Healthcare

**... providing quality health care
to our nation's Veterans.**

Our Primary Care VA Outpatient Clinics

Armstrong Co. VA Outpatient Clinic

**Klingsmith Building
313 Ford Street, Suite 2B
Ford City, PA 16226
724-763-4090**

Clarion Co. VA Outpatient Clinic

**AC Valley Medical Center
855 Route 58, Ste. One
Parker, PA 16049
724-659-5601**

Cranberry Twp. VA Outpatient Clinic

**Freedom Square
1183 Freedom Road, Ste. A101
Cranberry Township, PA 16066
724-741-3131**

Lawrence Co. VA Outpatient Clinic

**Ridgewood Professional Centre
1750 New Butler Road
New Castle, PA 16101
724-598-6080**

Michael A. Marzano VA Outpt. Clinic

**295 North Kerrwood Dr., Ste. 110
Hermitage, PA 16148
724-346-1569**



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Proudly Serving America's Veterans



MOVE!
WEIGHT MANAGEMENT PROGRAM
FOR VETERANS

www.move.va.gov

**VA Butler Healthcare
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Butler, PA 16001**

Toll-free: 1-800-362-8262

Direct dial: 724-287-4781

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MOVE! Is NOT a diet. It is a change in the way you live!

What is ... *MOVE!*

MOVE! Is a national VA program designed to help Veterans lose weight, keep it off and improve their health.

Why start ... *MOVE!*

If you are overweight or obese, you are at an increased risk for a number of health conditions including heart disease, stroke, diabetes, some cancers, sleep apnea and gallstones. The best way to manage your weight is to maintain a balance between what you eat and drink and how active you are.

The *MOVE!* Program has been designed to meet the individual needs of each Veteran. *MOVE!* provides guidance on nutrition and physical activity and allows YOU to set the pace through goal-setting and a stepped approach. The Butler VA *MOVE!* Team is ready to assist YOU in your self-management of weight. ***Call today to get started!***

1-800-362-8262, ext. 5504



*The **MOVE!** Program has several program options to help YOU best meet YOUR individual needs. We want YOU to succeed each step of the way. Call TODAY!*

Self-Management

MOVE! Self-Management is a one-time group session held on the third Wednesday of each month, 9am—12pm at VA Butler Healthcare.

YOU will receive health information and education tools to guide you with nutrition, exercise and behavior changes to help YOU kick start healthy lifestyle changes for YOUR personalized weight management plan!

***MOVE!* Group**

MOVE! Group is a comprehensive eight-week group program on Mondays at VA Butler Healthcare's main campus Auditorium — and on varied days throughout the week at VA Outpatient Clinics.

YOU will receive information and education on nutrition, exercise, and *behavior modifications* — the most effective method of weight management.

PLUS ...

• Educational Materials

YOU will receive health information to assist YOU in making healthy lifestyle choices and changes based on how you completed the *MOVE!* Questionnaire.

• Individual Appointments

YOU will have the option of meeting individually with one or more *MOVE!* team members (a Dietitian, Physical Therapist, and/or Behavioral Health Specialist) for individualized guidance, support and encouragement.

TeleMOVE!****

Tele**MOVE!** is a program for Veterans that uses a messaging device right from the comfort of YOUR home to support YOUR self-management of weight.

The Tele**MOVE!** program is a 90-day cycle of dialogue, communication, and education about weight management and healthy lifestyle promotion.

What is ... *MOVE! TLC*

Telephone Lifestyle Coaching, or *MOVE! TLC* is a weekly/bi-weekly program of learning through a guided workbook and scheduled phone calls by YOUR healthy lifestyle coach.

The TLC program is scheduled over an 18 week period with calls by YOUR health coach about every two weeks to review the workbook lesson, provide support, and help to guide YOU on YOUR weight management journey.

*****Tele**MOVE!** and *MOVE! TLC* are great options for those who live a distance away, have busy schedules, or need daily reminders*****

Key Features of ... *MOVE!*

- *Emphasis on health and wellness through nutrition, physical activity and behavioral, lifestyle changes***
- *Lifetime and lifestyle focus***
- *Veteran-centered care***
- *Individual tailoring to meet your needs***